

Lunch, Week 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY & SUNDAY BRUNCH |
|---|---|---|---|--|---|
| <p>Soup: Leek & Potato</p> <p>Hot options: Spicy Chicken Arrabiata with 50/50 Whole-Wheat Pasta (Low Fat & High in Fibre)</p> <p>Courgette & Chickpea Fusilli</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Tomato Wrap/Wholegrain Plait/ Plain Baguette/Pretzel Bap</p> <p>Pulled Turkey with Cranberry & Lemon Crème Fraiche Sliced Roast Turkey Pulled Ham with Tomato Chutney Egg, Avocado, Red Onion & Crème Fraiche Tuna, Pesto & Sun Blushed tomato Cheese Savoury</p> <p>Grated Cheese Sliced Free Range Egg Sliced Beef Tomato Pea Shoots</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Orzo Pasta with Basil Pesto & Chopped Green Olives Sliced Pickled Beetroot Piri Piri Potato Salad Mexican Tuna Bean Salad</p> <p>Dressings: Tomato Chutney Free Range Egg Mayonnaise Lemon Crème Fraiche</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Sweet Potato & Cumin (Low Fat)</p> <p>Hot options: Chicken Mughlai Korma, Chickpeas & Steamed Rice (High Fibre)</p> <p>Coconut & Cardamom Curry with Chickpeas, Vegetables & Rice</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Spinach Wrap/Wholegrain Knot/ Olive Baguette/Wholegrain Pita</p> <p>Thai Asian Shaved Beef Hot Smoked Salmon, Spinach & Cucumber Pulled Chicken Coronation Chicken Grilled Haloumi Cheese & Pickle</p> <p>Grated Cheese Smoked Aubergine Crispy Onions Pesto Marinated Baby Tomatoes</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Red Cabbage & Raisin Coleslaw Spiced Moroccan Vegetable & Giant Couscous Salad Garden Salad Sliced Peppers Carrot & Toasted Seeds</p> <p>Dressings: Free Range Curried Egg Mayonnaise Tamari, Lime & Sesame Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Honey Roast Butternut Squash (Low Fat)</p> <p>Hot options: Thai Turkey Rice Noodles with Sriracha Dressing</p> <p>Miso Glazed Noodles with Broccoli & Fried Tofu</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-Bar: Plain Wrap/Onion Baguette/ Wholegrain Roll/Mezzaluna Bread</p> <p>Pulled Chicken Chicken, Crispy Bacon & Honey Avocado, Spinach & Egg Mackerel, Capers & Horseradish Baked Falafel with Mango & Mint Yoghurt Buffalo Mozzarella with Basil Pesto & Plum Tomato</p> <p>Grated Cheese Pickled Red Onion Jalapeños Sliced Plum Tomato</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw 50/50 Whole-wheat Pasta with Tomatoes, Fresh Basil & Chopped Black Olives Indian Chickpea & Puy Lentil Salad Sweetcorn Cauliflower Couscous</p> <p>Dressings: Free Range Egg Mayonnaise Ranch Dressing Roast Red Pepper Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Roast Tomato, & Basil (Low Fat)</p> <p>Hot options: Bolognese with 50/50 Whole-wheat Pasta (High in Fibre)</p> <p>Spicy Mushroom Meatballs with Arrabiata Sauce with 50/50 Whole-wheat Pasta (Low Fat & High Fibre)</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Wholegrain Wrap/Wholegrain Knot/ Tiger Baguette/Tomato & Oregano Focaccia</p> <p>Roast Turkey Breast Turkey Club Mustard Mayonnaise Onion Bhaji, Raita & Cucumber Flaked Tuna Tuna Crunch Cheese with Tomato Chutney</p> <p>Grated Cheese Pickled Gherkins Paprika Roasted Chickpeas with Sweet Peppers Marinated Tofu Pieces</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Celeriac & Apple Coleslaw Quinoa, Dried Fruit & Herbs Three Bean Salad with Red Onion, Coriander & Harissa Dressing Red Cabbage, Carrot, Onion & Lemon & Herb Dressing Edamame Bean, Feta & Mint Salad</p> <p>Dressings: Free Range Egg Lemon Mayonnaise Harissa Crème Fraiche Minted Yoghurt</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Creamy Mushroom</p> <p>Hot options: Chicken & Bacon Carbonara with Penne Pasta</p> <p>Chickpea, Butter Bean & Crème Fraiche Whole-wheat Fusilli Pasta</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Tomato Wrap/Plain Baguette/ Wholegrain Plait/Ciabatta</p> <p>Pulled Chicken Chicken Tikka with Onion Bhaji Flaked Tuna Tuna & Sweetcorn Cottage Cheese House Salad Cheddar, Celeriac & Apple with Mustard Crème Fraiche</p> <p>Grated Cheese Sliced Free Range Egg Grilled Red Peppers Jalapeños</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Noodle Salad Jerk Corn & Black-eyed Bean Salad Sliced Jalapeños Pickled Potato Salad</p> <p>Dressings: Free Range Egg Mayonnaise Balsamic Mango Chutney Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Hot options: Pork Sausage</p> <p>Grilled Bacon</p> <p>Mushroom Sausage</p> <p>Quorn Patties</p> <p>Scrambled Egg</p> <p>Free Range Egg Omelette</p> <p>Spinach & Cottage Cheese Frittata</p> <p>Hash Browns</p> <p>Baked Beans</p> <p>Grilled Fresh Tomatoes</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dressings: Free Range Egg Mayonnaise Rapeseed Oil & Flavoured Oil Caesar Dressing (Sa) Honey & French Mustard (Su)</p> <p>Dessert: Fresh Fruit, Yoghurts</p> |

Lunch, Week 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY & SUNDAY BRUNCH |
|---|---|--|---|--|---|
| <p>Soup: Tuscan Bean (Low Fat, High Fibre)</p> <p>Hot options: Creamy Chicken, Tomato & 50/50 Whole-wheat Pasta</p> <p>Pumpkin Ravioli with Sage Butter & Toasted Pine Kernels</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Tomato Wrap/Wholegrain Plait/ Plain Baguette/Pretzel Bap</p> <p>Chicken & Sweetcorn in Wholegrain Mustard Mayo Pulled Chicken Egg Mayonnaise Sliced Beef Tomato, Gremolata, Capers & Feta Smoked Mackerel with Horseradish Crème Fraiche Cheese Savoury</p> <p>Grated Cheese Hummus Pickled Cucumber Sliced Boiled Egg</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Edamame Bean, Cucumber & Red Onion Asian Mixed Salad Roasted Red Pepper & Pesto Quinoa, Dried Fruits & Chopped Herbs</p> <p>Dressings: Spiced Tomato Chutney Free Range Egg Mayonnaise Tahini & Lemon</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Roast Tomato & Basil Soup (Low Fat)</p> <p>Hot options: Mexican Style Beef Chilli with Braised Brisket & Cinnamon Rice</p> <p>Mexican Style Vegan Chilli with Cinnamon Rice</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Spinach Wrap/Wholegrain Knot/ Olive Baguette/Wholegrain Pita</p> <p>Roast Beef with Crispy Onions & Coleslaw Pulled Chicken Chicken Club Tuna Crunch Flaked Tuna Cheese & Pickle</p> <p>Grated Cheese Marinated Roast Vegetables Pickled Red Cabbage Sauerkraut</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Celeriac & Apple Coleslaw Quinoa, Avocado & Pomegranate Salad Three Bean Salad with Red Onion, Coriander & Harissa Dressing Sliced Peppers Carrot & Toasted Seeds</p> <p>Dressings: Free Range Egg Mayonnaise Chimichurri Sweetcorn</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Honey Roast Butternut Squash with Chilli (Low Fat)</p> <p>Hot options: 50/50 Whole-wheat Penne Pasta al Forno</p> <p>Baked Pasta with Butternut Squash, Ricotta & Basil</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-Bar: Plain Wrap/Onion Baguette/ Wholegrain Roll/Mezzaluna Bread</p> <p>Shredded Grilled Turkey & Pickles Sliced Roast Turkey Prawn, Lettuce & Marie Rose Pulled Ham Grilled Aubergine with Rocket, Mozzarella & Pine Nut Baked Falafel with Chopped Salad</p> <p>Grated Cheese Plain Baked Falafel Pickles Marinated Artichoke</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Orzo Pasta with Tomatoes, Fresh Basil & Chopped Black Olives Barley Radish & Roast Squash Salad Sweetcorn Potato & Chive Salad with Crème Fraiche Dressing</p> <p>Dressings: Free Range Egg Mayonnaise Tahini & Lemon Dressing Roast Red Pepper Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Leek & Potato</p> <p>Hot options: Chip Shop-style Chicken Curry with Steamed Rice</p> <p>Vegetable Chilli with Puy Lentil & Black Beans, with Wholegrain Rice</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Wholegrain Wrap/Wholegrain Knot/ Tiger Baguette/Tomato & Oregano Focaccia</p> <p>Pulled Chicken Coronation Chicken Flaked Tuna Greek Salad with Baba Ghanoush Onion Bhaji with Minted Yogurt & Salad Cheese with Tomato Chutney</p> <p>Grated Cheese Crumbled Baked Onion Bhaji Shredded Marinated Jackfruit Piquillo Peppers</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Red & White Cabbage Slaw Vietnamese Rice Noodle Salad Nicoise with Crumbled Feta & Mint Salad Faro, Roast Corn, Red Pepper & Onion Salad with Coriander & Lime Dressing</p> <p>Dressings: Minted Yoghurt Free Range Egg Curried Mayonnaise Harissa & Roast Onion Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Mulligatawny</p> <p>Hot options: Sausage Meat with Tomato, Capers, Olives & Fusille</p> <p>Vegan Carbonara</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Tomato Wrap/Plain Baguette/ Wholegrain Plait/Ciabatta</p> <p>Roast Turkey Breast Turkey Club Flaked Tuna Tuna, Pesto & Sweet Red Pepper Hummus with Marinated Mushrooms & Roast Onion Haloumi, Pesto & Sun Blushed Tomato</p> <p>Grated Cheese Sliced Plum Tomatoes Chopped Olives Grated Carrot & Raisin</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Balsamic Dressed Beetroot Wild Rice, Broccoli & Red Cabbage Salad with Miso Dressing Sliced Jalapeños Asian Sesame & Edamame Bean Salad</p> <p>Dressings: Free Range Egg Mayonnaise Balsamic Vinegar Basil Pesto</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Hot options: Pork Sausage</p> <p>Grilled Bacon</p> <p>Mushroom Sausage</p> <p>Quorn Patties</p> <p>Scrambled Egg</p> <p>Free Range Egg Omelette</p> <p>Spinach & Cottage Cheese Frittata</p> <p>Hash Browns</p> <p>Baked Beans</p> <p>Grilled Fresh Tomatoes</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dressings: Free Range Egg Mayonnaise Rapeseed Oil & Flavoured Oil Caesar Dressing (Sa) Honey & French Mustard (Su)</p> <p>Dessert: Fresh Fruit, Yoghurts</p> |

Lunch, Week 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY & SUNDAY BRUNCH |
|---|---|--|---|---|---|
| <p>Soup: Cauliflower & Broccoli</p> <p>Hot options: Chicken with Cream, Garlic, Parmesan & Basil Oil with 50/50 Whole-wheat Penne Pasta</p> <p>Roast Pepper, Chilli, Lime & Bean with 50/50 Whole-wheat Pasta</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Tomato Wrap/Wholegrain Plait/ Plain Baguette/Pretzel Bap</p> <p>Hot Smoked Salmon with Cucumber, Caper & Horseradish Crème Fraiche Shredded Tikka Chicken Pulled Chicken BBQ Pulled Pork with Roast Red Onion Egg Mayonnaise Marinated Cherry Tomato & Mozzarella Cheese Savoury</p> <p>Grated Cheese Sliced Free Range Egg Roast Red Onion Hummus</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Broccoli, Carrot & Cranberry Slaw Sliced Pickled Beetroot Carrot, Raisin & Chickpea Roast Vegetable Tabbouleh</p> <p>Dressings: Free Range Egg Mayonnaise Basil Pesto Smokey BBQ Sauce</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Sweet Potato, Tomato & Bean</p> <p>Hot options: Lamb Madras Chettinad Curry with Basmati Rice</p> <p>Sweet Potato Ishtew Indian-style Tikka Masala</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Spinach Wrap/Wholegrain Knot/ Olive Baguette/Wholegrain Pita</p> <p>Pulled Chicken Chicken with Tarragon Crème Fraiche & Tomato Tuna, Fennel, Caper & Red Onion Flaked Tuna Roast Sweet Potato, Salsa & Cherry Tomatoes Cheese & Pickle</p> <p>Grated Cheese Cottage Cheese Avocado Capers</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Red Cabbage & Raisin Slaw Green Bean, Roast Fennel & Radish with Sour Cream & Dill Dressing Wholegrain Quinoa with Fresh Herbs & Pimento Sliced Peppers Greek Style Mixed Salad</p> <p>Dressings: Free Range Egg Mayonnaise Tarragon Crème Fraiche Sweet Pepper Sauce</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Red Lentil, Coconut & Chilli</p> <p>Hot options: Slow Braised Beef Ragu with 50/50 Whole-wheat Fusilli Pasta</p> <p>Squash & Cauliflower Dhal with Wholemeal Basmati Rice</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-Bar: Plain Wrap/Onion Baguette/ Wholegrain Roll/Mezzaluna Bread</p> <p>Roast Turkey Shredded Turkey with Smoked Bacon & Maple Dressing Peppered Mackerel with Horseradish Crème Fraiche Cajun Mushrooms Baked Falafel with Mango & Minted Yoghurt Cheddar, Celeriac & Mustard Crème Fraiche</p> <p>Grated Cheese Crumbled Baked Falafel Pickles Alfalfa Sprouts</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Mediterranean Orzo Salad Pickled New Potato & Red Onion Sweetcorn Cauliflower Couscous</p> <p>Dressings: Free Range Egg Mayonnaise Ranch Dressing Maple Syrup Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Pea & Mint</p> <p>Hot options: Chinese Beef & Chestnut Mushroom Curry</p> <p>Mushroom Meatballs with Tomato, Oregano & Chilli</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Wholegrain Wrap/Wholegrain Knot/ Tiger Baguette/Tomato & Oregano Foccacia</p> <p>Italian Baked Chicken Pulled Chicken Pastrami Shaved Beef Tuna Mayonnaise & Sweetcorn Onion Bhaji with Raita & Salad Cheese with Tomato Chutney</p> <p>Grated Cheese Crispy Onions Sauerkraut Pickled Gherkins</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Celeriac & Apple Coleslaw Pea, Mint & Farro Giant Couscous & Quinoa with Moroccan Spices Pickled Red Cabbage Watercress, Beetroot & Crumbled Feta Salad</p> <p>Dressings: Minted Yoghurt Mustard Mayonnaise Mango & Chilli Dressing</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Soup: Parsnip, Sage & White Bean</p> <p>Hot options: Cuban Chimichurri, Garlic & Lemon Chicken</p> <p>Brazilian Black Bean & Sweet Potato Feijoada</p> <p>Jacket Potatoes with Cheese & Baked Beans (Low Sugar)</p> <p>Deli-bar: Tomato Wrap/Plain Baguette/ Wholegrain Plait/Ciabatta</p> <p>Turkey with Crisp Bacon, Pickles & American Mayonnaise Tuna Provençale Flaked Tuna Marinated Roast Vegetables Avocado, Spinach & Plum Tomato Cheddar with Pineapple & Shallot</p> <p>Grated Cheese Sweetcorn Hummus Diced Chorizo</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot</p> <p>Coleslaw Sesame Noodle, Peas & Broad Bean Roast Squash, Chickpea & Cranberry Sliced Jalapeños Red Rice, Avocado, Red Pepper & South American Pesto</p> <p>Dressings: Free Range Egg Mayonnaise Free Range Egg Mayonnaise Balsamic Dressing Basil Pistou</p> <p>Dessert: Fresh Fruit & Yoghurts</p> | <p>Hot options: Pork Sausage</p> <p>Grilled Bacon</p> <p>Mushroom Sausage</p> <p>Quorn Patties</p> <p>Scrambled Egg</p> <p>Free Range Egg Omelette</p> <p>Spinach & Cottage Cheese Frittata</p> <p>Hash Browns</p> <p>Baked Beans</p> <p>Grilled Fresh Tomatoes</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dressings: Free Range Egg Mayonnaise Rapeseed Oil & Flavoured Oil Caesar Dressing (Sa) Honey & French Mustard (Su)</p> <p>Dessert: Fresh Fruit, Yoghurts</p> |